

Sponsored
by the
Farmington Observer

FREE Nutrition Classes

"Take The Pledge!"

A 5-Week Course To Check
Your Food Habits
and Set New Goals!

- Fat...the cancer & heart disease link
- Food and Fun
- Taste Tests
- Fiber Boosters

• Pot Luck Party!

Jan. 27, Feb. 3, 10, 17 & 24

in the Day Care Room of the

Farmington Family YMCA (main building)

28100 Farmington Road • Farmington Hills

7:00-8:30 p.m.

to register, call Mandi Skeegan

248-553-1934

and **"TAKE THE PLEDGE!"**

**Includes
Pot Luck**

(to try favorite and
new low fat recipes!)
and....

De-Fat Booklet



Sponsored by:

Farmington Family YMCA

Oakland County Health Division

Healthy People/Healthy Oakland Coalition

Funded by: Michigan Public Health Institute

